



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner

U12 RECREATIONAL



SESSION 1

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SoccerMadeSimple.com
www.MLScamps.com

STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



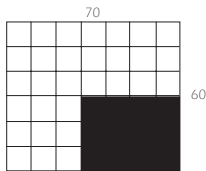
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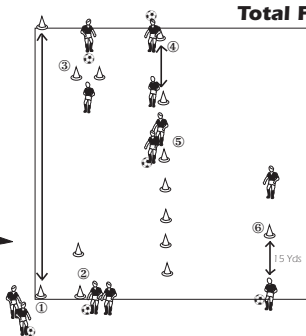
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SESSION 1 - Week 9

2 hour practices, 2 recommended practices per week



Assumption: 12 players in group



Total Football

Purpose

To develop the skills worked on during the week.

Organization

Set up stations as above in a 40 x 30 yard area. The players compete as a pair against the other pairs at various skill stations.

Game Objective

Station #1 is the control group by which the time allotment for all stations is set. In station #1, 1 partner runs the ball from the first cone and back to the 2nd cone 3 times. The partner repeats. All other pairs compete at their stations until the 2nd player completes station #1 at which time the coach shouts, "Freeze!" Rotate stations.

Key Coaching Points

Station #1 - Run with ball between 2 cones placed 20 yards apart. Repeat 3 times.

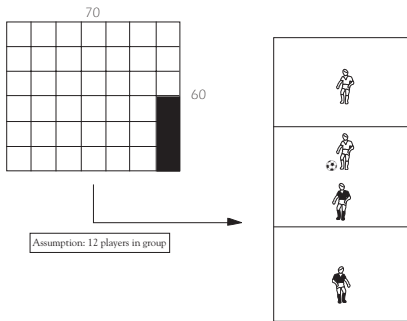
Station #2 - Up to the cone, 5 yards away, turn and back. Partner repeats.

Station #3 - Passing between 2 discs set 2 yds apart—players 10 yds from the goal. 1 touch only.

Station #4 - Heading between partners.

Station #5 - Dribble up and back through the cones.

Station #6 - Shoot at cone 15 yds away while partner retrieves.



Purpose

To develop the role of the supporting defender.

Organization

Set out a 30x10 yard area. Divide the area into 10x10 grids and station two pairs in the area as shown in the diagram. Mark out four 3x3 boxes in the bottom corners. Repeat in two areas for a total of 12 players.

Game Objective

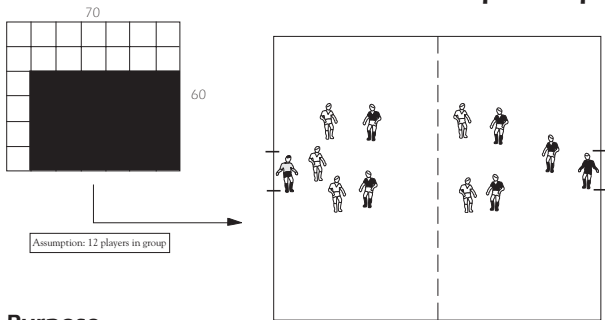
The opposing players in the center play 1v1 and attempt to run with the ball into one of the two boxes in the opposition area. The deepest defender must remain in that area initially. An attacker scores 1 point if they can control the ball with the sole of their foot on the end line of the opposition box. If the defender wins possession in the defensive area, the game restarts from there. Play is continuous for two minutes before switching roles.

Progressions

1. Players can move anywhere inside any of the areas.

Key Coaching Points

1. Support your partner verbally by giving instructions to force play in one direction.
2. Check your distance and angles to ensure you are close enough to cover in the event your partner is beaten.
3. Always look to double up defensively.



Assumption: 12 players in group

Purpose

To develop marking in a small sided game and the development of the sweeper role.

Organization

Set out a 60x40 yard area. Divide the area in half and station two teams of six players in the area as shown in the diagram, with 3 defenders in the defensive half and 2 attackers in the attacking half.

Game Objective

Two defenders from each team are given an attacking player from the opposition to mark and may only steal the ball from that player. The spare defender may steal from either of the attackers. Players may not leave the half to which they have been designated.

Progressions

1. If a defender passes the ball to an attacker they may join in the attack as long as the ball remains in the attacking half.
2. Take away the halfway line.
3. Introduce the offside rule.

Key Coaching Points

1. React quickly to changes in possession and find your player to cover.
2. As the spare player, look to double up on attacking players by providing support for the marker.
3. Defend actively and look to intercept passes or pressure the first touch whenever possible.